

# \* News \*

## Meet our new Health Promotion Specialist Jessica Hopps



My name is Jessica Hopps and as most may recognize me from our pharmacy at the SRMHS, I am now the new Health Promotion Specialist at the Let's Get Healthy Program. I made this transition because I strongly believe in encouraging our community to improve their health and continue their control over it. Helping community members to become confident in being physically active with a high self-esteem and become educated on healthy living. I am personally involved with fitness and healthy living as an athlete and mother of 2 very active children. I reside here in Akwesasne with my family. Helping our community members and paving a healthy living path for them and my children are very important to me. I am here to help create the opportunity for all community members to understand and engage in a healthy lifestyle.

## Cooking Demo

Thursday  
February 26<sup>th</sup>  
11:30-1:00pm  
Heart Healthy Meal  
in  
30 minutes or less

Mediterranean  
poached fish  
Garlic and Herb  
quinoa  
Roasted Brussel  
sprouts  
Fresh fruit

RSVP by  
February 24  
ONLY 8 spots  
available.  
Call 518-358-9667

## Guided Relaxation

Every Friday in  
February  
9:50-10:15am  
Relaxation  
Lounge

## Exercise Classes: Move For Health

Nurse supervised exercise  
classes  
Must be enrolled in LGHP.  
Monday-Thursday  
8-9 9-10 10-11 11-12

## Community Classes: Club Circuit

Wednesday 12:05-12:50pm  
Friday 9:00-9:45am  
Steevi King

## Lunchtime Yoga

Tuesday and Thursday  
12:05-12:50pm  
Mary Terrance

## Body Works

Monday and Wednesday  
4:30-5:15pm  
Mary Terrance

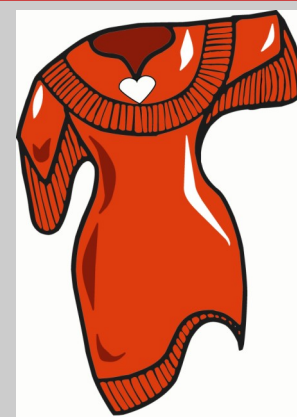
## Chair Yoga

SRMT Office for the Aging  
Tuesday  
10:00am-11:00am

All exercises classes offered  
by the  
Let's Get Healthy Program  
are free.  
Ages 18 years and older.  
Please wear comfortable  
clothes and bring clean/dry  
sneakers.



Helping Build A Better  
Tomorrow



# Enniska/February 2015

Tsitewatakari:tat/The Let's Get Healthy Program  
Diabetes Center For Excellence  
66 Business Park Road  
518-358-9667

## February is American Heart Month

### Did You Know?

Heart disease kills  
more women than all  
cancers combined.

1 in 3 women will  
die from heart  
disease.

Women with  
diabetes are 2 to 4  
times more likely to  
die from heart  
disease.

Women experience  
heart attacks  
different than men.

### Risk Factors:

High Cholesterol

Diabetes

High Blood Pressure

Inactivity

Poor Eating Habits

Smoking

Overweight

Family History

Stress

### Solutions:

Exercise

See your Medical  
Provider regularly

Take medications as  
directed

See a Registered Dietitian

Quit Smoking

Annual Lab/Physical

Find a healthy way to  
reduce stress



Community Class  
Club Circuit February 2014



Wear Red Day  
Cooking Demonstration  
February 2014



Wear Red Day  
Learn How To Workout at  
Home  
February 2014

## Heart Disease is the No.1 Killer of Women!

### WEAR RED DAY 2015!

The first Friday of February is designated as Wear Red Day. Each year Wear Red Day is celebrated to bring concern and awareness to women and heart disease.

By wearing **RED** on **February 6th**, you are joining The Let's Get Healthy Program in our fight to keep our women of Akwesasne healthy.

One day each year what you wear really does matter. For full schedule of events, please see our flyer on page 6.

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**OFFICE CLOSED**  
**February 16, 2015**  
**President's Day**

Please pick up all your  
testing supplies early!

*Sorry* **WE'RE**  
**CLOSED**

### American Heart Month Celebration:

### Wear Red Day

**February 6, 2015**

### Diabetes Center for Excellence

A day full of classes, workshops  
and healthy luncheon!  
For a full list of events check out  
the flyer inside!

# National Wear Red Day

Heart disease has been called the Silent Killer because it often has no noticeable symptoms. It's more deadly than all forms of cancer combined. And it's not just "an old man's disease."

In 2003, research revealed that heart disease was by far the No. 1 killer of women, and actually killed more women than men. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red For Women. And the red dress has become the iconic symbol of our battle against heart disease in women

**National Wear Red Day®** — the first Friday each February — is our special day to bring attention to this silent killer of women. We encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives.

## A Decade of Success

Since the first National Wear Red Day in 2003, we've made tremendous strides in the fight against heart disease in women. Through research and education to healthy lifestyle changes, we're proud that:

- 34% fewer women now die from heart disease, saving 330 lives every day.
- More women are taking ownership of their health by developing healthy lifestyles:
- 37% are losing weight
- 43% are checking their cholesterol
- more than 50% exercise more
- 60% have improved their diets
- 33% have developed heart health plans with their doctor.
- Awareness is up. 23% more Americans now realize heart disease is the #1 killer of women.
- The Traditional Red Dress was created to help increase Alaskan Indian/Native Americans awareness of heart disease in their culture
- 15% have quit smoking and high cholesterol has declined by 18%
- More communities have joined the fight. Registration in Go Red For Women is now more than 1.75 million. More than 25 million Red Dress Pins have been worn to support the cause. More than 185 cities host GRFW events and luncheons. And more than 2,000 landmarks light up in red on National Wear Red Day.
- Legislative efforts are making a difference. Women no longer pay higher premiums than men for health coverage. And 20 states have programs for low-income women to get screenings for heart disease and strokes through the Centers for Disease Control and Prevention's WISEWOMAN.
- More gender-specific guidelines have been developed, because women's symptoms and responses to medication differ from men's.
- Gender-specific medical research is up. The FDA now requires clinical trial results be reported by gender.
- Gender-specific inequalities have been identified, ensuring women receive the same level of heart treatment as men



## More Work is Crucial

Yet, with all these successes, **heart disease is still the No. 1 killer of women, killing almost 1,100 a day**. But what's more powerful than the killer? Millions of mothers, sisters, daughters and friends speaking up. We deeply appreciate all of your support. We wouldn't be where we are without you.



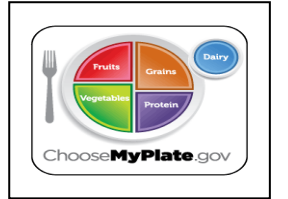
### Did You Know.....

Each day the average heart beats 100,000 times and pumps over 2,000 gallons of blood.  
Take care of your heart: eat healthy and exercise often.

# Diabetes and The 7 Self-Care Behaviors of AADE

## Behavior 1:Eating Healthy

Here are some simple ideas for healthy eating.



### TIP

*More calcium builds strong bones and teeth. If you can't digest milk, try lactose-free milk that is fat-free or low-fat. Fat-free or low-fat yogurt and hard cheeses like cheddar may also be easier to digest than milk.*

*Eating dark leafy vegetables can also help you meet your body's calcium needs. Good sources include collard greens and kale. Canned fish with soft bones like salmon or sardines are also a good source of calcium.*

**Start every day with breakfast.** Try oatmeal or a whole-grain/high fiber cereal with fat-free or low-fat milk.

Choose a 100% fruit spread, unsweetened applesauce, or natural peanut butter on whole wheat/whole grain toast. Enjoy some fruit with your breakfast, too.

**Eat more fruits and vegetables.** Make half of your plate fruit and vegetables.

**Choose fat-free or low-fat milk.** Greek yogurt, low fat milk and low fat cheese are better choices instead of full-fat/whole milk dairy products.

**Choose whole grains.** Whole wheat/whole grain breads, pasta, oatmeal, quinoa, and brown/wild rice have more dietary fiber than white or refined grains. Dietary fiber helps keep you regular, feeling full and may also help lower blood pressure and cholesterol levels.

**Choose to eat foods that have a purpose, or positive effect on your health.**

### Make healthy meals that taste good

Fried foods and fatty meats may taste good, but they are high in saturated fat, and cholesterol that are not healthy for your heart.

Try these other ways to add flavor to your food without compromising your health.

**Bake, roast, broil or grill.** Choose chicken or fish over beef or pork and do not fry your foods. When choosing meat choose organic/free range meats as often as possible. In place of bottled marinades on meats season with herbs, spices, lemon, lime, or flavored vinegars - but not salt.

**Increase your consumption of dark green leafy vegetables.** Try cooking kale or collard greens with onions, garlic and low sodium chicken broth.

**Use a heart healthy oil.** Try olive oil or canola oil instead of butter or stick margarine.

**Choose your condiments wisely.** Top baked potatoes with salsa, a small amount of plain Greek yogurt, or low-fat cottage cheese. In place of full fat sour cream and butter.

### To learn how to save time and cook heart healthy/diabetic friendly meals check out:

**The Let's Get Healthy cooking demos held once a month by our Registered Dietitian, Heather Pontius.**

**This month's cooking demonstration will be in combination with Wear Red Day on February 6, 2015. Activities start at 9:00am and the cooking demonstration will begin at 11:30am in our Theatre Kitchen. We will be featuring heart healthy foods in celebration of Wear Red Day for Women's Heart Health.**

### Did You Know.....

Every 45 seconds someone in the United States has a heart attack! If you notice something doesn't feel right CALL 9-1-1 immediately.



# American Heart Month Celebration

## Wear Red Day Events

Please join us in celebrating American Heart Month! This celebration is a day to bring awareness to women's heart health and the positive steps you can take to reduce your risk of heart disease.

Wear your **red** and come check out a day full of exercise classes, health screenings relaxation sessions, and luncheon.  
All activities will be at the Diabetes Center for Excellence.

### February 06, 2015 Schedule of Activities

**9:00-9:45:** Club Circuit Fitness Class

**9:45-10:30:** Nutritious Breakfast Bar

**9:50-10:20:** Guided Relaxation Session

**10:30-11:30:** Heart Healthy Presentation by Dr. Banu,  
Saint Regis Mohawk Health Service Internist

**11:30-12:30:** Lunch and Make Your Own Salt-Free Spices  
Ask the RD— A Question and Answer Session

**12:45-1:30:** Fitness Class

**Each class you attend you will be entered to win prizes!**

**The more classes you attend the more chances you get!**

**You can come to one, a few or all of the sessions.**

**Please bring clean, dry sneakers and wear comfortable clothes.**

**For More Information: 518-358-9667**

### Heart Attack Warning Signs

With heart disease being the number one killer of women in the United States it is important to take time to learn the warning signs of a heart attack. Commonly women brush off the symptoms as heart burn, the flu or normal aging.

#### Symptoms:

Uncomfortable pain, pressure, fullness in the chest that lasts for more than a few minutes or that comes and goes.

Pain or discomfort in one or both arms, the jaw, back, neck or stomach.

Shortness of breath, with or without chest discomfort.

Breaking out in a cold sweat, nausea, or lightheadedness.

Women are more likely than men to have some of the symptoms other than chest pain. If you have any of these symptoms don't wait more than 5 minutes before calling for help. Dial 9-1-1 and get help immediately. The sooner you receive medical attention the better your chances are at surviving with minimal damage to your heart.

For More Information check out: [www.heart.org](http://www.heart.org) American Heart Association

# Fitness Page

## 10 Tips for Daily Exercise

You found your keys. You found the motivation to clean out your closet. Now you've got to find 30 minutes in your day to get physically active — and there are plenty of easy, no-cost ways to do it.

Think you don't have time? You don't have to do all 30 minutes at once. You'll get the same benefits if you divide your time into two or three 10- to 15-minute segments a day.

Here are some tips for getting active:

1. **Get out the leash and walk your dog.** - It's a great activity for both man and man's best friend. Your heart — and your pooch will thank you!
2. **Take your child for a brisk walk.** -It's an excellent way to get some one-on-one time (or one-on-three, depending on the size of your brood.) Spice up your routine by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. **Mall walk.** -Are you sweating (or shivering) at the idea of walking outside? Take a brisk stroll around your local mall instead. Window shop, people watch and give your heart a workout in a climate-controlled environment.
4. **Join a team.** - Pick an activity you love and round up some friends. Team sports can be fun — and keep you motivated and accountable.
5. **Walk and talk.** -Even if you're glued to your phone for work calls, you don't have to be glued to your seat. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.
6. **Tune into fitness during TV time.** - Reject your inner couch potato. Walk, jog in place or use the treadmill at the gym while you watch your favorite 30-minute show.
7. **Park and walk.** - How many times have you circled the parking lot to find "the" spot? Spare yourself the stress and gain more energy by parking far away (or even in a remote lot) and walking farther to your destination.
8. **Take the stairs.** - The elevator may go up — but it doesn't make your heart rate climb. Take the stairs instead. You may huff and puff at first, but over time, your body will thank you.
9. **Dance!** -Do it in a ballroom, at a club or even in your living room. You'll burn calories and gain a new hobby.
10. **Skip the cake, say goodbye to pie and take a walk after dinner.** - You'll get a reward that's sweeter than dessert: more family time.

If these ideas don't work for you, find something that you enjoy. Ditching the excuses can be the first step to a healthier you. Of course, if you have an injury, talk to your doctor first to see if there's a low-impact exercise you can do or find out if you should wait until you're healed.

And here's more food for thought: Our culture no longer requires us to be hunters and gathers, but our bodies still need the physical activity that is required by that way of life. So check out these tips to get moving today!

Keep active with more heart healthy ideas at <https://www.goredforwomen.org/>

### Did you know.....

- Cigarette smoking is the #1 preventable cause of death in the U.S.?
- It is estimated that as many as 70,000 non-smokers die each year from heart disease, because they were exposed to secondhand smoke



# Cook Healthy, Eat Healthy

## Quick Chili

### Ingredients

1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)  
1 medium onion, chopped  
1 medium green bell pepper, chopped  
1 medium jalapeño (optional, only if you like spicy chili), chopped  
4 clove, fresh garlic minced  
1 Tbsp. chili powder  
1 Tbsp. ground cumin  
1/2 tsp. ground coriander  
15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained  
14.5 oz. canned, no-salt-added or low-sodium, diced tomatoes, undrained  
3/4 cup jarred salsa (lowest sodium available)

**Try this!** Add more beans for more fiber and protein . Switch it up by using different colored peppers.

**Save time:** Use frozen bell peppers and onions found in the frozen vegetable section at the grocery store.

### Directions

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.
2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.
4. Optional : serve topped with low-fat cheddar cheese, TBSP of plain Greek yogurt, sliced avocado, snipped cilantro or chopped green onions.



## Tomato Basil Soup

**Makes:** 6 servings, about 3/4 cup each  
**Active Time:** 30 minutes

### Directions

1. Preheat broiler. Coat a baking sheet with cooking spray.
2. Place tomatoes on the prepared baking sheet, cut-side down. Broil until skins are blistered, about 10 minutes. Set aside to cool. Slip off the skins and chop the tomatoes coarsely.
3. Meanwhile, heat oil in a medium saucepan over medium-low heat. Add onions and cook, stirring often, for 5 minutes. Add garlic and cook, stirring, until the onions are very soft, about 5 minutes longer. Stir in tomatoes and cook, stirring, for 1 minute.

Transfer the mixture to a food processor or blender and process until smooth; return to the saucepan. Stir in broth and bring to a boil. Reduce heat to low and simmer for 5 minutes. Remove from the heat and stir in basil. Season with salt and pepper.

### Tips & Notes

\*By making yourself you can control ingredients and amount of sodium.  
\*Cover and refrigerate for up to 2 days.

### Nutrition facts:

**Per serving:** 90 calories; 2 g fat (1 g sat, 1 g mono);15 g carbohydrates; 0 g added sugars; 4 g protein; 3 g fiber; 140 mg sodium;

### Ingredients

- 8-10 ripe tomatoes, (3 pounds), cut in half and seeded
- 2 teaspoons extra-virgin olive oil
- 1/2 cup red onions, chopped
- 1 clove garlic, minced
- 3 cups reduced-sodium chicken broth
- 3 tablespoons fresh basil, chopped
- Salt & freshly ground pepper, to taste



## 30 Minute Chicken and Vegetable Stir Fry

### Ingredients

non-stick cooking spray  
1 lb. boneless, skinless chicken breasts or tenderloins (can substitute lean pork or beef), all visible fat discarded, cut into 1-inch cubes  
2 tsp. cornstarch  
1 Tbsp. low-sodium soy sauce  
1 tsp. Clove garlic, minced  
1/4 tsp. red pepper flakes  
1/4 tsp. ground ginger  
16 oz. frozen, packaged stir-fry vegetables, without sauce  
1/4 cup low-sodium chicken broth  
2 Tbsp. chopped, unsalted, unroiled peanuts  
2 cups brown rice, cooked to package instructions

### Directions

1. Spray a medium skillet with cooking spray. In a medium skillet, toss chicken, corn starch, soy sauce, ginger, garlic and red pepper flakes.
2. Cook chicken over medium-high heat for 5 minutes, until no longer pink.
3. Add vegetables and broth to skillet, reduce heat to medium, cover and cook 20 minutes, stirring occasionally.
4. Top with peanuts and serve over brown rice.



**Try this!** Serve with quinoa in place of rice for extra protein and extra fiber.

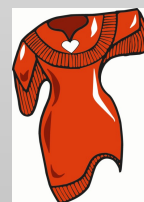
### Sodium Intake:

Should be limited to no more than 1,500mg per day for someone over the age of 50 or someone with diabetes, high blood pressure or kidney disease.

Most of the salt we consume comes from processed or packaged foods and restaurant meals.

Lower sodium does not mean no sodium always check your food labels.

Choose no salt spices like Perfect Pinch or Mrs Dash for cooking.



**You Are Invited To**  
**Let's Get Healthy Program**  
**Wear Red Day : Heart Healthy Luncheon**  
**February 6, 2016 at 11:30-12:30**

Lunch will be served in the large Conference Room of the Diabetes Center

### Menu for Luncheon:

Southwest Black Bean Soup  
Taco Salad made with Low Salt taco seasoning  
Fresh fruit with agave Greek yogurt  
Hot coffee, hot tea and bottled water

During lunch we will be showing a video **“Real Women of 2015”**.  
Heather Pontius, Registered Dietitian will be on hand to answer nutrition questions.  
Participants will receive the recipes used for the meal as well as be able to make their own low salt taco seasoning to take home.

